

PROFILE OF HAWAII'S OLDER ADULTS

Older adults are making up a larger proportion of Hawaii residents.

Hawaii's older adult population (60 years of age and older) continues to grow in number and proportion. In 1980, there were 113,944 older adults, representing 12% of the total population. By 2000, 207,001 individuals were older adults, representing 17% of the total population. With the aging of the baby boomer population, projections indicate that by 2020 over one in four individuals will be age 60 or over.

	1980	1990	2000	2010 /1	2020 /1
60+ population	113,944	173,733	207,001	272,378	361,549
% of Total population	12%	16%	17%	21%	26%
85+ population	5,561	10,397	17,564	31,187	38,867
% of Total population	0.6%	0.9%	1.4%	2.4%	2.8%
Total population	964,691	1,108,229	1,211,537	1,291,058	1,406,248

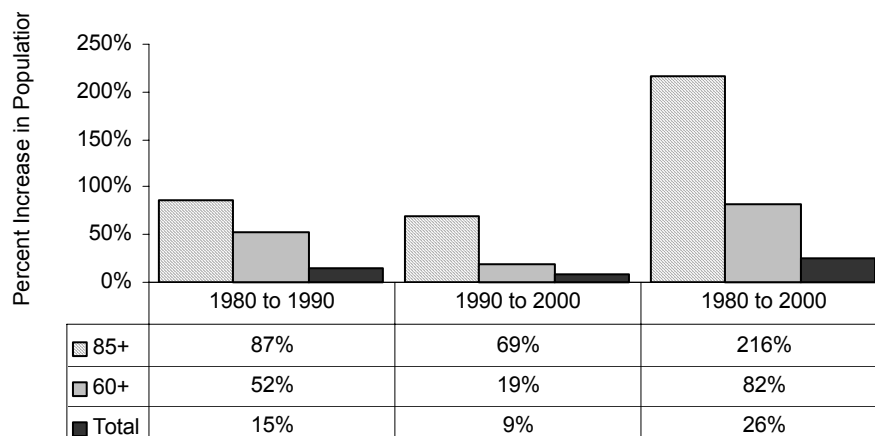
Source: U.S. Census Bureau, Hawaii data.

/1 Hawaii Department of Business, Economic Development and Tourism, Research and Economic Analysis Division, DBEDT 2025 Series, *Population and Economic Projections for the State of Hawaii 2025*, February 2000.

Between 1980 and 2000, Hawaii's older adult population increased over three times faster than its total population. From 1980 to 1990, the number of older adults increased by 52% while the total population increased by only 15%. Between 1990 and 2000, the older adult population increased by 19% while the general population increased by only nine percent. Overall, over this twenty-year period, the number of older adults increased by 82% while the total population increased by only 26%.

The population 85 and over has increased even more dramatically. While the total population has increased 26% over two decades the 85+ population has increased 216%, over eight times as fast as the total population and two-and-a-half times as fast as the older adult population as a whole.

Comparison of Percent Increase in Population



Source: U.S. Census Bureau, Hawaii data.

Hawaii's older adult population is increasing faster than the rest of the nation.

The older adult population in Hawaii is growing twice as fast as the older adult population nationally. While Hawaii's older adults increased 19% between the 1990 and 2000 Census, the nation as a whole saw a nine percent increase in older adults. Our 85 and older population grew 69% during this period, while the same population grew 38% nationally.

Life expectancy is increasing.

Life expectancy has increased over time. The most recent data from 1990 shows Hawaii's life expectancy being 79 years and the highest in the nation.

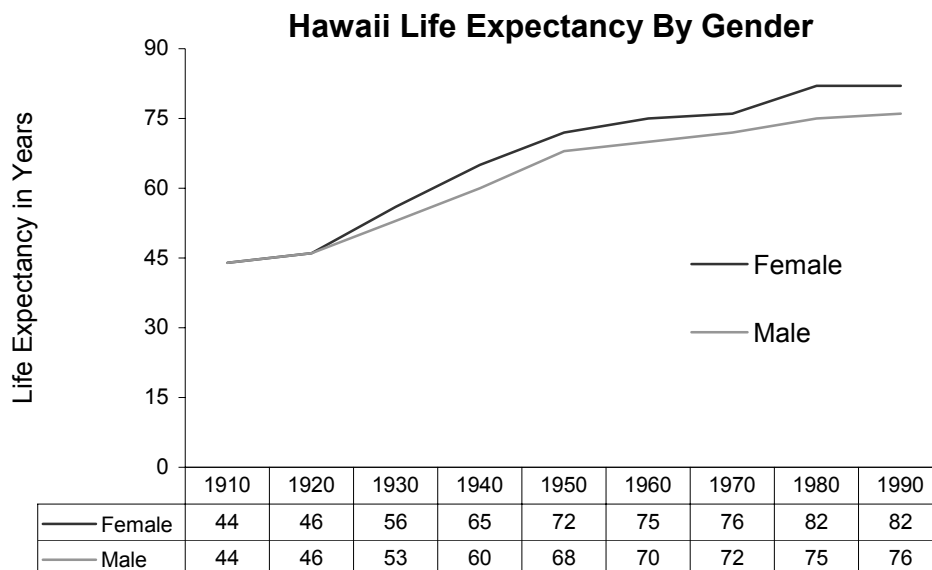
Life Expectancy in Years	Hawaii	U.S. /1
1910	44	50
1920	46	54
1930	54	60
1940	62	63
1950	70	68
1960	72	70
1970	74	71
1980	78	74
1990	79	75*

* State with highest life expectancy is Hawaii (79 yrs).

Source: Hawaii Department of Health, Office of Health Status Monitoring.

/1 Centers for Disease Control and Prevention, National Center for Health Statistics.

Following the national trend, women tend to live longer than men. 1990 data shows that life expectancy in Hawaii is 76 years for men and 82 years for women.



Source: Hawaii Department of Health, Office of Health Status Monitoring.

In addition, life expectancy varies among racial groups. Using Hawaii 1990 life expectancies (the most recent available), Chinese and Japanese live the longest (83 and 82 years, respectively) while Hawaiians and Part-Hawaiians have the lowest life expectancy at 74 years.

Hawaii Life Expectancy by Racial Group

Year	Caucasian	Chinese	Filipino	Hawaiian & Part Hawaiian	Japanese	Other
1910	55	54	(NA)	33	49	16
1920	56	54	28	34	51	28
1930	62	60	46	42	60	33
1940	64	65	57	52	66	59
1950	69	70	69	62	73	68
1960	73	74	72	65	76	62
1970	73	76	73	68	77	77
1980	76	82	79	72	81	79
1990	76	83	79	74	82	80

Source: Hawaii Department of Health, Office of Health Status Monitoring.

Women outnumber men.

In 1980, there were about the same number of male older adults as female. Now women outnumber men. The differences become greater with advancing age with females comprising 59% of those 85 years and older.

	1980		1990		2000	
Age	Male	Female	Male	Female	Male	Female
60+	50%	50%	47%	53%	45%	55%
65+	50%	50%	48%	52%	44%	56%
85+	36%	64%	38%	62%	41%	59%

Source: U.S. Census Bureau, Hawaii data.

Language barriers pose a communication challenge for some seniors.

Twelve percent of those 65 and older do not speak English well. This has remained almost unchanged since 1990 when 13% did not speak English well. However, the proportion of linguistically isolated seniors has decreased from 13% in 1990 to 10% in 2000.

65+ Language Barriers	1990	2000
Speaks English "not well" or "not at all"	13%	12%
Linguistically isolated /1	13%	10%
/1 Lives in a household where all members 14 years old and over have at least some difficulty with English.		

Source: U.S. Census Bureau, Hawaii data.

Many that live alone are female.

The *Census 2000* shows that eighteen percent of those 65 and older live alone. A majority (68%) of these individuals are female, and 17% have incomes below federal poverty guidelines.

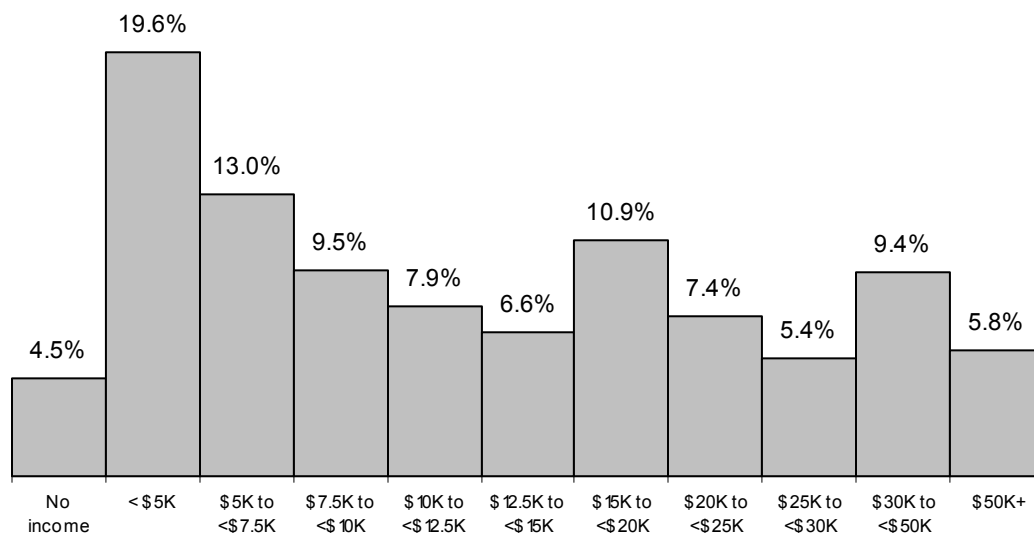
Many over the age of 65 may be struggling financially.

The *Census 2000* shows that seven percent of those 65 and older live at or below the federal poverty level. Among those 65 and older in poverty, 65% are female, 54% have at least one disability, and 43% live alone. A higher proportion of American Indian/Alaska Native and Native Hawaiian/Pacific Islander elders are living in poverty (23% and 11%, respectively).

65+ percent with 1999 income at or below poverty level	
White alone	7%
Black alone	5%
American Indian/Alaska Native alone	23%
Asian alone	7%
Native Hawaiian/Pacific Islander alone	11%
Other alone	16%
Two or more races	11%
Overall (statewide 65+)	7%

Source: U.S. Census Bureau, Census 2000, Hawaii data.

Older adults living above the poverty level may also have difficulty making ends meet. Information from the 1990 Census (the most recent Census data available) shows the median income of persons 65 years and older is \$12,000 with only 15% having an income of \$30,000 or more.

Income in 1989 for Persons 65+

Source: U.S. Census Bureau, 1990 Census, Hawaii data.

Racial diversity differs slightly from the total population.

Over three-fourths of Hawaii's population is comprised of minorities (i.e. all but those White/non-Hispanic). This holds true for older adults as well, though the distribution of minority races differs. Older adults have a higher proportion of Asians and a lower proportion of mixed race persons (of two or more races). Native Hawaiians/Pacific Islanders make up a smaller proportion of older adults than they do of the general population. A very small proportion of older adults are American Indian/Alaskan Native or Black/African American.

Race distribution	60+	Total population
1 race		
White (non-Hispanic/Latino)	22.7%	22.9%
White (Hispanic)	0.9%	1.4%
American Indian/Alaskan Native	0.1%	0.3%
Black/African American	0.4%	1.8%
Asian	61.1%	41.6%
Chinese	(7.7%)	(4.7%)
Filipino	(14.8%)	(14.1%)
Japanese	(34.4%)	(16.7%)
Korean	(2.3%)	(1.9%)
Other Asian	(1.8%)	(4.2%)
Native Hawaiian/Pacific Islander	5.6%	9.4%
Native Hawaiian	(4.7%)	(6.6%)
Tongan	(0.1%)	(0.3%)
Other NHPI	(0.8%)	(2.4%)
Other	0.6%	1.2%
2 or more races	8.6%	21.4%

Source: U.S. Census Bureau, Census 2000, Hawaii data.

More are obtaining education, though Hawaii seniors are less educated than their mainland counterparts.

Sixteen percent of Hawaii seniors age 65 and over have completed a 4-year college degree. This figure has increased from 1990 when 11% of seniors had completed a 4-year degree. The percent of seniors that have not completed high school has dropped from 51% to 35%. Despite these improvements our elders are less educated than those nationally where 22% have completed a 4-year college degree (Hawaii, 16%) and 24% have not completed high school (Hawaii, 35%).

65+ Educational Attainment	1990 (HI)	2000 (HI)	2000 (US)
Less than H.S. or equivalent	51%	35%	24%
H.S. or equivalent	26%	34%	30%
Some college	12%	15%	24%
4-year college degree or higher	11%	16%	22%

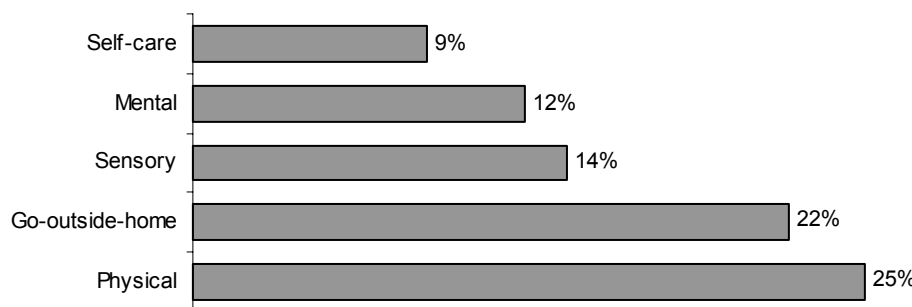
Source: U.S. Census Bureau.

Many 65+ have at least one disability.

According to the *Census 2000* 64,144 (41%) of those 65 and older have a disability defined as having one or more of the following disabilities: sensory, physical, mental, self-care, go-outside-the-home-alone. Over half of these individuals have at least two disabilities.

Having a physical disability (difficulty walking, climbing stairs, reaching, lifting, or carrying) is the most common disability of those 65 and older with 25% having a physical disability. Twenty-two percent of those 65 and older have a disability that inhibits them from going outside the home alone (for example to shop, run errands, or go to a doctor appointment). Sensory disabilities (blindness, deafness, or a severe vision or hearing impairment) affect 14% of those 65 and older. Cognitive or mental disabilities (learning, remembering, or concentrating) affect 12% of those 65 and older, and nine percent have a self-care disability (dressing, bathing, or getting around the house).

65+: Percent having specific disabilities

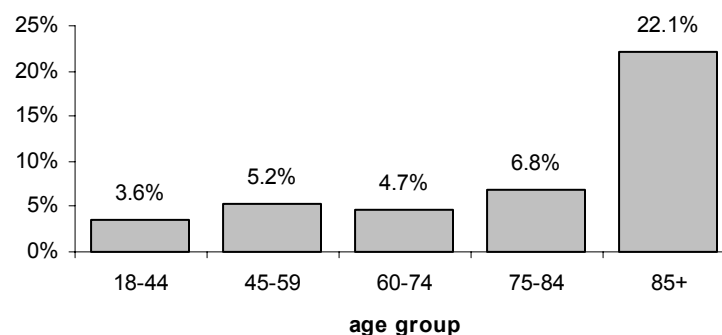


Source: U.S. Census Bureau, Census 2000, Hawaii data.

Need for assistance with personal care increases with age

As may be expected, the need for personal care increases with age. Five percent of those 60 to 74 years of age need help with personal care. This figure increases to 7% for 75 to 84. Among seniors age 85 and over, the need for help with personal care rises to 22%. Assistance with personal care allows many older adults to remain in their homes.

Needs help with personal care



Source: Hawaii Department of Health, Office of Health Status Monitoring, Hawaii Health Survey 2000.

End of life planning is increasing.

An increasing number of those 65 and over have prepared their advanced directive*. Still, many seniors and their families are unprepared to make the type of decisions typically necessary when someone passes away.

65+ that have an advanced directive*

1998	2000	2002 /1
62%	68%	67%

Source: Hawaii Department of Health, Community Health Division, Behavioral Risk Factor Surveillance System.

/1 Hawaii Department of Health, Office of Health Status Monitoring, Hawaii Health Survey 2002.

* An advanced directive is commonly called a healthcare power of attorney or living will. It is a written document that describes an individual's wishes for end-of-life care. It is a legal document that lets family and physicians know what kind of treatment a person would like in the event they cannot speak for themselves. It also designates someone to make decisions on their behalf in the event they are unable to convey wishes themselves.

Leading causes of death are consistent over the past three years.

The leading causes of death among older adults in Hawaii have consistently been heart disease, cancer, stroke, and chronic lower respiratory disease.

Cause of Death for Older Adults (60+)	1999		2000		2001	
	Rank	Count	Rank	Count	Rank	Count
Heart Disease	1	2032	1	2256	1	1934
Malignant Neoplasms (cancers)	2	1494	2	1484	2	1550
Cerebrovascular Disease (stroke)	3	669	3	623	3	688
Chronic Lower Respiratory Disease	4	266	4	235	4	245
Diabetes Mellitus	6	175	5	168	6	138
Influenza/Pneumonia	5	211	8	94	5	185
Nephritis, Nephrotic & Nephrosis (kidney)	8	115	7	121	9	104
Alzheimer's Disease	9	107	6	122	8	122
Other Accidents & Adverse Effects	10	102	9	90	7	125
Other Circulatory Diseases, including Atherosclerosis	7	124	10	89	10	101
All other diseases		1224		1225		1319
Total		6519		6507		6511

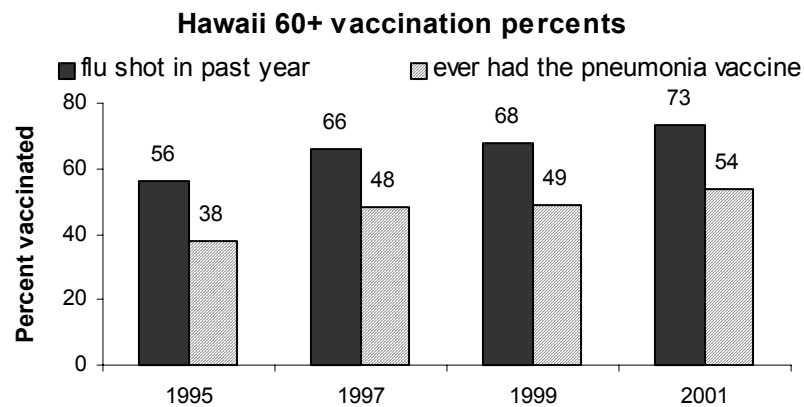
Source: Hawaii Department of Health, Office of Health Status Monitoring.

Many causes of death to older adults are related to lifestyle choices or behaviors such as smoking, diabetes control, flu shots, exercising, healthy eating habits, blood pressure and cholesterol control, and maintaining a healthy body weight.

Health status indicators show there is room for improvement.

Some health indicators have improved:

- The proportion of older adults getting an annual flu shot has increased from 56% in 1995 to 73% in 2001; and
- The proportion of older adults who have ever had a pneumonia vaccination has increased from 38% in 1994 to 54% in 2001.



Source: Hawaii Department of Health, Community Health Division, Behavioral Risk Factor Surveillance System.

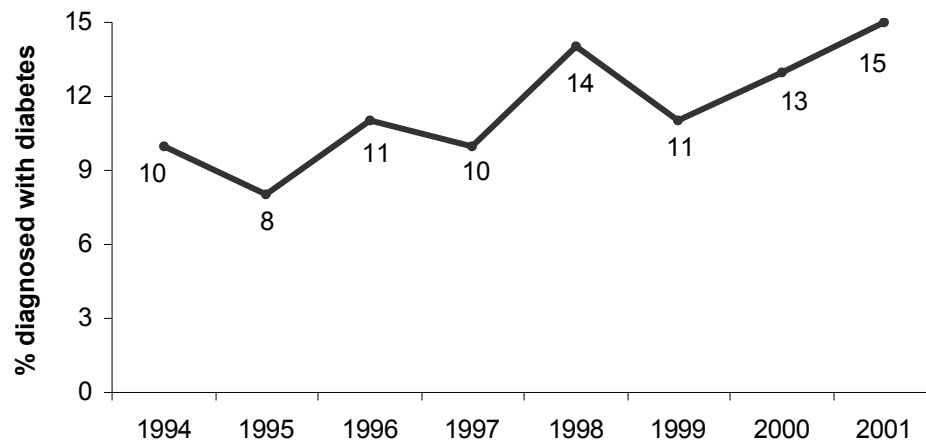
Some health indicators have remained fairly unchanged. According to the *Hawaii Behavioral Risk Factor Surveillance System* survey:

- 12% of older adults currently smoke cigarettes;
- 20 to 25% of older adults are sedentary or do not get enough exercise;
- Over 90% of older adults do not eat the recommended 5-a-day fruits and vegetables;
- Over 30% of older adults have high cholesterol; and
- Over 10% have not seen a doctor in the past year.

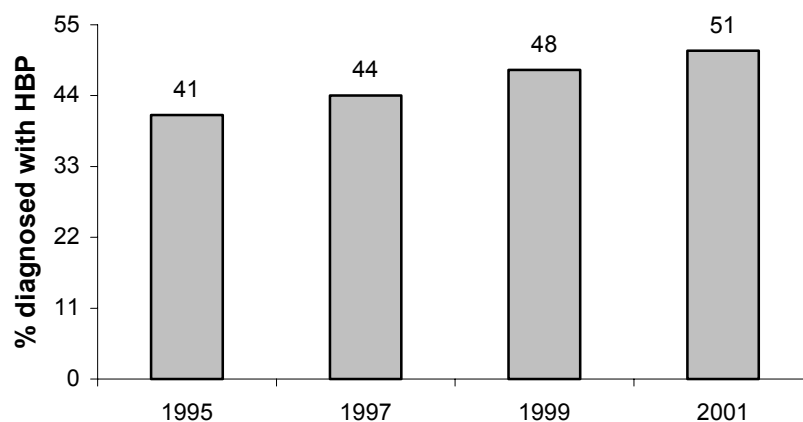
Some health indicators are getting worse:

- Diabetes in older adults has increased from 10% in 1994 to 15% in 2001.
- High blood pressure in older adults has increased from 41% in 1994 to 51% in 2001.

Both are risk factors for heart disease and stroke – two leading causes of death in Hawaii older adults.

Hawaii 60+ Diabetes

Source: Hawaii Department of Health, Community Health Division, Behavioral Risk Factor Surveillance System.

Hawaii 60+ High Blood Pressure

Source: Hawaii Department of Health, Community Health Division, Behavioral Risk Factor Surveillance System.

Use of public assistance varies by type of assistance and county.

Though nearly two-thirds of those receiving assistance for being aged, blind, or disabled are age 60 or over, very few older adults use many forms of public assistance. A higher proportion of older adults in the City & County of Honolulu use public assistance compared to other counties in the state.

Public assistance	percent of all enrollees that are age 60+				
	State	Hawaii	Honolulu	Kauai	Maui*
Medicaid /1	22%	11%	27%	12%	12%
Food Stamps	13%	7%	15%	10%	10%
General Assistance	3%	3%	4%	0%	2%
ABD (Aged, Blind, Disabled)	65%	41%	69%	50%	43%
TANF (Temporary Assistance to Needy Families)	0.2%	0.1%	0.2%	0.2%	0.1%
TAONF (Temporary Assistance to Other Needy Families)	0.5%	0.3%	0.7%	0%	0.3%
* Maui County includes Kalawao County					

Source: Hawaii Department of Human Services, Management Services Office, July 12, 2002 enrollment data.

/1 Hawaii Department of Human Services, Med-QUEST Division, Health Care Management Branch, Research Section, February 2003 enrollment data.

We are just beginning to describe our caregiver population.

In recent years, significant attention has been given to the issue of informal caregiving, yet, its true nature and extent is unknown. The Alzheimer's Association's *Study on Estimated Value of Informal Caregiving* found that there were 114,872 informal caregivers in Hawaii in 1997. This translated to 106.9 million caregiving hours and was estimated to be equivalent to \$874.6 million (value of caregiving).

In 2002 the Executive Office on Aging contracted with the Center on Aging, John A. Burns School of Medicine to survey and report on caregivers statewide. The result, the *Statewide Survey on Caregiving*, helps to define the needs of Hawaii's caregiving population.

Sixty-percent of the respondents lived with their care recipients. These caregivers were more likely to feel unwell emotionally, depressed, unhappy with their life, and that they were not doing enough to take care of themselves. A majority of respondents (84%) indicated that they needed some assistance with caregiving.

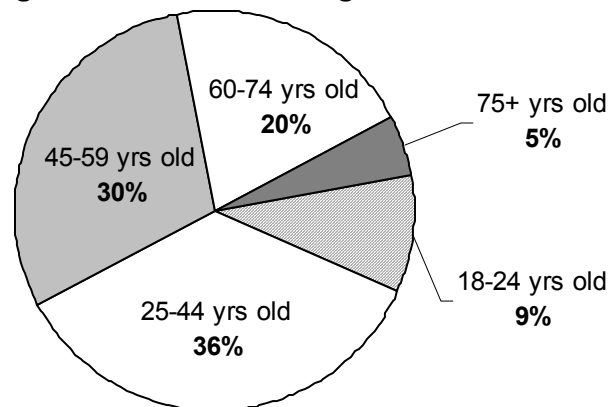
Top five services needed by caregivers: Percent needing assistance				
Information, education, training	Exercise program	Adult day care/respite services	Tax assistance	Personal/family counseling, advice, mediation, support groups
47%	38%	37%	32%	30%

Source: Hawaii Executive Office on Aging, Statewide Survey on Caregiving, 2003.

The *Hawaii Behavioral Risk Factor Surveillance System 2000* survey found that an estimated 126,598 adults are caregivers (people providing regular care or assistance to a family member or friend who is an older adult or has a long term illness or disability). The following information is from this survey.

Over half (57%) of adult caregivers are female, and 75% are under age 60.

Age Distribution of Caregivers



Source: Hawaii Department of Health, Community Health Division, Behavioral Risk Factor Surveillance System 2000.

Though 14% of all adults are caregivers, this figure varies depending on gender, age, and race.

Percent of adults that are caregivers			
All adults		14%	
Gender			
Male	12%	A higher proportion of females than males are caregiving.	
Female	16%		
Age Group			
18-24	11%	A higher proportion of those ages 45-74 are caregiving compared to other age groups.	
25-44	12%		
45-59	17%		
60-74	17%		
75-84	12%		
85+	8%		
Race			
White	12%	A lower proportion of Whites are caregiving compared to non-White races.	
Hawaiian	18%		
Filipino	16%		
Japanese	15%		
Other	13%		
Marital Status			
Married	14%	Marital status does not affect the likelihood of being a caregiver.	
Unmarried	14%		

Source: Hawaii Department of Health, Community Health Division, Behavioral Risk Factor Surveillance System 2000.

The way people learn about older adult services and ask for assistance varies.

Many caregivers rely on friends and relatives to help care for their aging families. Even those not currently caring for an older adults would first turn to their own family or friends if they needed assistance caring for an elderly person. However, a similar number would not know who to call for help.

The way caregivers learn about services

The caregiving respondents of the *Statewide Survey on Caregiving* indicated that they most frequently obtain information about available services through family and friends -- 42% indicating this is one way they use to find out about services.

The five most common ways caregivers find out about services:	Percent that use the method
Family members & friends	42%
Community-based service providers, including social workers	34%
Brochures/pamphlets/newsletters	30%
Doctors/nurses	27%
Information & referral services at an Area Agency on Aging	23%

Source: Hawaii Executive Office on Aging, Statewide Survey on Caregiving, 2003.

Who would be called on to assist in arranging long-term care

Almost 30% of adults would call on relatives or friends to help them arrange for long-term care. This figure holds for both caregivers and non-caregivers alike. However more caregivers than non-caregivers would provide long-term care themselves rather than seek assistance (43% vs. 22%). Almost one-fourth of adults do not know whom to call for assistance, though fewer caregivers felt this way (11% vs. 25%).

Who would you call to arrange for long-term care?	Caregiver	Non-caregiver	All adults
Relative or friend	29%	30%	29%
Would provide care myself	43%	22%	25%
Nursing home or Home health service	10%	14%	13%
Doctor or nurse	3%	5%	5%
Area Agency on Aging	2%	2%	2%
Other	2%	2%	3%
Don't know whom to call	11%	25%	23%

Source: Hawaii Department of Health, Community Health Division, Behavioral Risk Factor Surveillance System 2000.